

KLUB DER SPORT FREUNDE

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

SONNTAG



06.15 - 07.15
Hypertrophie OK



06.15-07.00
Intensiv Klub



06.15-07.45
Modified
Strong(wo)man



06.15-07.00
Intensiv Klub



06.15 - 07.15
Hypertrophie UK



09.00-10.00
Gym Buddies



09.00-10.00
Gym Buddies



09.00-10.00
Gym Buddies



09.30-10.00
Technik Klub



10.00-11.00
Vinyasa Yoga



12.15-13.00
Intensiv Klub



12.15-13.15
Hypertrophie UK



12.15-13.00
Intensiv Klub



12.15-13.15
Hypertrophie OK



12.15-13.00
Intensiv Klub



10.00-11.15
Hypertrophie UK



11.30-12.45
Strong(wo)man



17.45-19.00
Hypertrophie UK



17.30-18.15
Intensiv Klub



17.45-19.00
Hypertrophie OK



17.30-18.15
Intensiv Klub



17.45-19.00
Hypertrophie UK



19.00-20.00
Handstand
Training



18.30-20.00
Gym Buddies



18.30-19.45
Modified
Strong(wo)man



18.30-20.00
Movement Class



19.15-20.30
Hypertrophie OK



19.30-20.30
Vinyasa Yoga